

the quick

Winter 2023



Register at
maplevalleywa.gov/fun

Location Key & Community Resources

City Hall

22017 SE Wax Rd #200
www.maplevalleywa.gov

COV - Covington City Hall
16720 SE 271st Street

CCP - Covington Community Park
17649 SE 240th Street

CRES - Cedar River Elementary School
22615 Sweeney Rd SE

GMVCC & DEN

Greater Maple Valley Community Center
22010 SE 248th St
www.maplevalleycc.org

GPES - Glacier Park Elementary School
25700 Maple Valley-Black Diamond Rd SE

Lake Wilderness Arboretum
www.lakewildernessarboretum.org

LS - Legacy Site
25719 Maple Valley Black Diamond Road SE

LWES - Lake Wilderness Elementary School
24216 Witte Rd SE

LWGC - Lake Wilderness Golf Course
25400 Witte Rd SE

LWL - Lake Wilderness Lodge
22500 SE 248th St

LWP - Lake Wilderness Park
22500 SE 248th St

**Maple Valley/Black Diamond
Chamber of Commerce**
www.maplevalleychamber.org

Maple Valley Food Bank
<https://maplevalleyfoodbank.org>

Maple Valley Historical Society
(425) 432-2692
www.maplevalleyhistorical.com

Maple Valley Library
www.kcls.org

MVMS - Maple View Middle School
18200 SE 240th St

RAV - Ravensdale Park
27200 SE Kent-Kangley Rd,

RCES - Rock Creek Elementary School
25700 Maple Valley-Black Diamond Rd

SLES - Shadow Lake Elementary School
22620 Sweeney Rd SE

SP - Summit Park
23675 SE Tahoma Way

STMS - Summit Trail Middle School
25600 Summit-Landsburg Rd SE

Tahoma School District
www.tahomasd.us

TBD - Location to be determined

TES - Tahoma Elementary School
24425 SE 216th St

THS - Tahoma High School
23499 SE Tahoma Way

VIRT - Virtual

Apply for a Recreation Scholarship

Maple Valley Parks & Recreation offers Maple Valley residents of all ages and abilities the opportunity to participate in diverse, challenging and high-quality recreation programs that are accessible and affordable. We try to make every opportunity available, regardless of income.

Scholarship applications can be submitted at any time during the year!

To learn about income eligibility requirements or to apply for a Recreation Scholarship, please visit:

www.maplevalleywa.gov/scholarship

Or call
(425) 432-9953



Golf Specials
see pages 19

WILDERNESS GRILL OPEN DAILY • PUBLIC WELCOME
Burgers, Sandwiches, Salads & Drink SPECIALS!

see page 19

THINGS YOU NEED TO KNOW!

Registration for Maple Valley Residents begins: ..Tuesday, December 6th at 9:00am

Registration for general public begins:Friday, December 9th at 9:00am

How to Register:

1. Online 24/7

www.maplevalleywa.gov/register

**Online payments can be made with
Visa, MasterCard, Discover or AmEx**



2. By Phone

425-432-9953

Monday-Friday 8:00am-5:00pm

3. In Person

Lake Wilderness Lodge

22500 SE 248th St.

Maple Valley, WA 98038

Monday-Friday 8:00am-5:00pm

Register Early!

Programs that do not meet minimum enrollment may be canceled. We encourage you to register early for programs.

Refunds

The City of Maple Valley reserves the right to cancel or alter any program information without notice, due to registration numbers, change of policy, availability of instructors/facilities, etc. All refunds will be issued according to the Department's refund policy. Please visit www.maplevalleywa.gov/register for details on our refund policy. To request a refund or withdraw from a program, please email parksrec@maplevalleywa.gov.

Rainout Line:

425-413-6675 – This line is updated daily at 4:00 pm with cancellations and reschedules for adult sports

How is residency determined?

Many addresses use Maple Valley or zip code 98038 for mailing purposes, but not all are inside the city limits of Maple Valley. The registration software has been integrated with the current address locator with GIS coordinates and is updated regularly. At time of registration, the registration system will automatically recognize if your address is inside or outside the city limits and the appropriate fees will be applied.

City Council:

Sean P. Kelly,
Mayor, Position 1

Dana Parnello,
Deputy Mayor, Position 6

Didem Pierson
Councilmember, Position 2

Les Burberry,
Councilmember, Position 3

Victoria Schroff,
Councilmember, Position 4

Syd Dawson,
Councilmember, Position 5

Linda Johnson,
Councilmember, Position 7

Parks & Recreation

Commissioners:

- **Sarah Gilbert-Newell,**
Chair
- **Rosemary Boelens,**
Vice-Chair
- **Kristin Haapasaari**
- **David Decoteau**
- **Lacey Johnson**
- **Alex Villareal**
- **George Wright**



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Gender Equality Statement

The City of Maple Valley complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of gender. Any questions or comments please contact the Maple Valley Parks and Recreation Department at (425) 432-9953.

ADA Inclusion Guidelines

The City of Maple Valley is committed to providing programs & services that are accessible to all. Requests for reasonable accommodations will be considered on a case-by-case basis. Please contact Recreation Coordinator, Allison Scott at 425-432-9953 at least 7 business days prior to the start date of the activity.

Disclaimer

Maple Valley Parks & Recreation assumes no responsibility for errors or omissions found in this document. The Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change without notice. For updated information please call 425-432-9953 or visit www.maplevalleywa.gov.

Beginner Taekwondo



This is a great beginner's Taekwondo program taught by Hawk's Family Martial Arts. This is a non-contact entry level program. Uniforms must be provided or purchased on the first day of class. **Ages 6-10**

Instructor: Aaron Hawks



Dates	Day	Time	Non-Res	Res	Location	Class ID
1/3-1/26	Tu/Th	6:30-7:15pm	\$132	\$110	LWL	14054
2/2-2/28	Tu/Th	6:30-7:15pm	\$132	\$110	LWL	14055
4/4-4/27	Tu/Th	6:30-7:15pm	\$132	\$110	LWL	14057
3/7-3/30	Tu/Th	6:30-7:15pm	\$132	\$110	LWL	14056



**KIDZ
LOVE
SOCCER** Classes

Kidz Love Soccer is hopeful to return in spring. Check the city's website in February for information, dates and times.

LAKE WILDERNESS
ARBORETUM
CELEBRATE YOUR
WEDDING DAY
SURROUNDED BY THE
SPLENDOR OF NATURE.

*For information and to reserve a date,
call 425-432-9953*

Photo credit: Mariah Gentry Photography

Photo credit: Select Photography



**Visit Gaffney's Grove Disc
Golf Course at
Lake Wilderness Park**

**OPEN DAILY
It's FREE!**

**Course Map & Info at
www.maplevalleywa.gov**

Girl's Slowpitch Softball

Dirt and bling, it's a softball thing. Slowpitch softball is a great introduction to the sport of softball and fastpitch. Girls will learn softball skill building blocks in a non-competitive atmosphere with volunteer parent coaches. Slowpitch teams will practice on Mondays and or Wednesdays and games will be played on Saturdays at Summit Park.

ALL players must provide their own face mask while on defense. We suggest the Champro Fielder Mask! More league information can be found at: www.maplevalleywa.gov/fun

Ages 9 - 11



YOUTH SPORTS



Ages	Dates	Day	Time	Non-Res	Res	Location	Class ID
9-11	5/6-6/24	Sa	9:00am-12:00pm	\$108	\$90	SP	14086

Registration begins 2/28 for MV Residents and 3/3 for public.
All player registration includes a team t-shirt and hat.

Team Sponsorships available - Contact bobby.quick@maplevalleywa.gov



T-Ball League

MVP&R and Thrive Community Fitness have teamed up again to offer T-Ball! This coed league is a non-competitive, instructional league for players to learn teamwork and the basics of baseball. Team size is limited to 10 players with everyone participating!

Teams practice once each week (day/time determined by the team's volunteer coach) and play one game on Saturdays at Summit Park.

Ages	Dates	Day	Time	Non-Res	Res	Location	Class ID
3/4	5/6-6/24	Sa	9:00am-5:00pm	\$96	\$80	SP	14087
5/6	5/6-6/24	Sa	9:00am-5:00pm	\$96	\$80	SP	14088

Coach Pitch League

Step up to the plate in our coed Coach Pitch baseball league! Parks & Rec and Thrive Community Fitness keep the fun rolling for 7-8 year olds while continuing to improve baseball fundamentals: catching, fielding, throwing and hitting. Pitches will be thrown from the team's coach and a batting tee will be used for players who aren't quite ready to make contact.

Team size is limited to 10 players with everyone participating! Teams practice once each week (day/time determined by the team's volunteer coach) and play one game on Saturdays at Summit Park.

Ages	Dates	Day	Time	Non-Res	Res	Location	Class ID
7/8	5/6-6/24	Sa	9:00am-5:00pm	\$108	\$90	SP	14089

Registration begins 2/28 for MV Residents and 3/3 for public.
All player registration includes a team t-shirt and hat.

Team Sponsorships available - Contact bobby.quick@maplevalleywa.gov



Miss Jasmine's Dance

Students will discover their love for dance. The fundamentals of dance will be taught through imaginative coursework to exercise students both physically and mentally. Dance creates a fun and engaging environment, where students can cultivate a passion for the art. Little dancers will learn skills they will carry on throughout life such as spatial awareness, poise and how to follow directions.

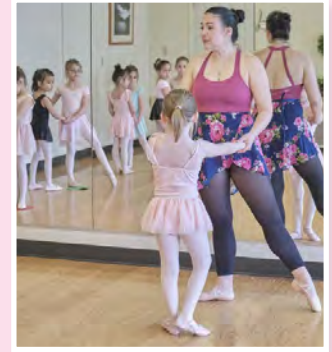
Instructor: *Jasmine Smith*

Questions? E-mail: Jasminebyesmith@gmail.com



Petite Ballet Ages 3-5

Enchanting, magical and fun! We believe that every lesson should take your child on a new and exciting journey. Our petite ballet classes are designed to give the youngest dancers the opportunity to explore a magical world of dance and to help them develop the right foundation for a rewarding future in ballet if they continue. Classes are fun, friendly and full of Magic! They incorporate play and nursery rhymes whilst introducing ballet steps in an exciting and creative way.



Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/27	M	3:30-4:30pm	\$144	\$120	LWL	14246
1/12-3/2	Th	3:30-4:30pm	\$168	\$140	LWL	14248
3/6-4/24	M	3:30-4:30pm	\$168	\$140	LWL	14247
3/9-4/27	Th	3:30-4:30pm	\$168	\$140	LWL	14249
No Classes: 1/16, 2/20, 2/23, 4/10, 4/13						

Kindergarten Ballet Ages 4-6

In this class, students will discover their love for dance. The fundamentals of ballet will be taught through imaginative coursework. This method exercises students both physically and mentally. Kindergarten Ballet creates a fun and engaging environment where we can cultivate a passion for dance. Students will learn spatial awareness, poise, how to follow directions, musicality and many other skills they can carry on throughout life.

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/27	M	4:30-5:30pm	\$144	\$120	LWL	14243
1/12-3/2	Th	4:30-5:30pm	\$168	\$140	LWL	14067
3/6-4/24	M	4:30-5:30pm	\$168	\$140	LWL	14250
3/9-4/27	Th	4:30-5:30pm	\$168	\$140	LWL	14251
No classes: 1/16, 2/20, 2/23, 4/10, 4/13						



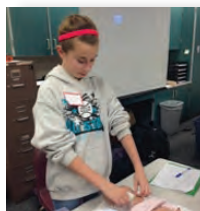
Coming Soon!
Spring Sports
see page 14



Barre Fusion
see page 18



Parkour Classes
see page 9



Super Sitters
see page 8

Primary Ballet **Ages 6-9**

Captivating, energetic and exciting! We believe in building confidence through engaging lessons at this level. Our primary ballet classes are designed to give children an opportunity to explore a magical world of dance and to help them develop the right foundation for a rewarding future in ballet if they continue. Classes are fun, friendly and full of entertainment! Classes incorporate imaginative dance whilst introducing ballet combination steps in a creative and exciting way.

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/27	M	5:30-6:30pm	\$144	\$120	LWL	14252
1/12-3/2	Th	5:30-6:30pm	\$168	\$140	LWL	14254
3/6-4/24	M	5:30-6:30pm	\$168	\$140	LWL	14253
3/9-4/27	Th	5:30-6:30pm	\$168	\$140	LWL	14255
No classes: 1/16, 2/20, 2/23, 4/10, 4/13						



Primary Jazz **Ages 6-9**

Energetic, fast and spunky! Jazz is a theatrical form of movement. Often seen on the stages of musical productions today. We believe each class should inspire self-expression, the voice within, which fosters self confidence. Jazz develops physical coordination, helping students to gain balance, flexibility and strength. Each student will be able to perform energetic jumps, leaps and kicks.

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/27	M	6:30-7:30pm	\$144	\$120	LWL	14256
3/6-4/24	M	6:30-7:30pm	\$168	\$140	LWL	14257
No classes: 1/16, 2/20, 4/10						

Primary Tap Dance **Ages 6-9**

Fun, lively and loud! In primary tap we believe every foot has a song. This class offers a wonderful introduction to tap as children first learn to use their feet to make sounds and rhythms to engaging music. Each lesson sparks the imagination and develops musicality. Students feel an instant sense of achievement with tap, building their self esteem.

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/12-3/2	Th	6:30-7:30pm	\$168	\$140	LWL	14241
3/9-4/27	Th	6:30-7:30pm	\$168	\$140	LWL	14242
No classes: 2/23, 4/13						

Rizzkids - Dance Fitness

Rizzkids is a 40-minute class of wiggling and dancing to all different styles of dance including hip-hop, jazz, jive, country, and disco. Experience an energy burn while stimulating brain development! Students should wear comfortable clothes, tennis shoes and bring lots of water. **Ages 5-11**

Instructor: Lyndsay Shaw

For questions, please email RizzyLyndsayFitness@outlook.com

Drop in available space permitting

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/5-1/26	Th	4:30-5:10pm	\$40	\$32	LWL	13986
1/9-1/30	M	4:30-5:10pm	\$30	\$24	LWL	14106
2/2-2/16	Th	4:30-5:10pm	\$29	\$24	LWL	14132
2/6-2/27	M	4:30-5:10pm	\$29	\$24	LWL	14006
3/2-3/30	Th	4:30-5:10pm	\$50	\$40	LWL	14001
3/6-3/27	M	4:30-5:10pm	\$38	\$32	LWL	13971
4/3-4/24	M	4:30-5:10pm	\$29	\$24	LWL	13968
4/6-4/27	Th	4:30-5:10am	\$29	\$24	LWL	14133
No Class: 1/16, 2/20, 4/10, 4/20						



Children's Yoga

This fun, interactive and engaging Yoga classes for children ages 2-5 yrs. It is a fun introduction to different poses, breathing and movement. There are songs, stories, sometimes a craft and plenty of space to play. This class is designed to help children explore movement in a new way! To help with attention and class coordination we ask that parents to not join their child in the room. **Ages 2-5**

Instructor: Amanda True; thekineticteacher@gmail.com



Dates	Day	Time	Non-Res	Res	Location	Class ID
1/4-1/25	W	10:00-10:50am	\$56	\$48	LWL	14095
2/1-2/15	W	10:00-10:50am	\$42	\$36	LWL	14096
3/1-3/29	W	10:00-10:50am	\$56	\$48	LWL	14097
4/5-4/26	W	10:00-10:50am	\$42	\$36	LWL	14098
No Class: 3/22, 4/12						



Super Sitters 🌟

All children welcome for a day of fun while earning their Super Sitters Certificate! This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety and first aid. Bring a sack lunch and snack to class. Register early as this class fills quickly. Boys can be babysitters too! **Ages 11 - 15**

Instructor: Jaquelyn Ball

Dates	Day	Time	Non-Res	Res	Location	Class ID
2/18	Sa	9:00am-2:00pm	\$96	\$80	LWL	14033

Safe at Home 🌟

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, and door safety. Learn how to be safe, comfortable, and confident when staying home alone. **Ages 11 - 15**

Instructor: Jaquelyn Ball

Dates	Day	Time	Non-Res	Res	Location	Class ID
2/18	Sa	2:00-4:00pm	\$42	\$35	LWL	13976



Mental Health First Aid Class
see page 16



Private Music Lessons
see page 10

Indoor Parkour 101

Let them bounce off our walls instead! Parkour is the art of overcoming obstacles; often physically, always mentally. Using specialized parkour blocks for safe training, your child will learn how to jump, climb, crawl and roll through our carefully crafted parkour skill clinics and awesome movement games. **Ages 6-8**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/3-2/28	Tu	4:30-5:20pm	\$202	\$168	LWL	14229
1/4-3/1	W	4:30-5:20pm	\$202	\$168	LWL	14125
3/7-4/25	Tu	4:30-5:20pm	\$177	\$147	LWL	14230
3/8-4/26	W	4:30-5:20pm	\$177	\$147	LWL	14126
No Classes: 2/21, 2/22, 4/11, 4/12						



Indoor Parkour 201

Using specialized parkour blocks, we'll learn how to get creative with our movements indoors. The theme for this is parkour vision: our ability to see fresh, new ways to move using everyday objects. There will be lots of games, lots of sweat and lots of fun! **Ages 9-12**

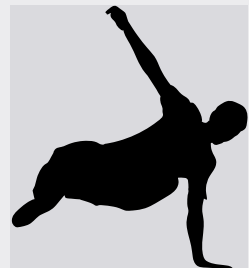
Dates	Day	Time	Non-Res	Res	Location	Class ID
1/3-2/28	Tu	5:30-6:20pm	\$202	\$168	LWL	14231
3/7-4/25	Tu	5:30-6:20pm	\$177	\$147	LWL	14123
No Classes: 2/21, 4/11						



Indoor Parkour 301-Pre and Teen Class

This class is for teenagers of all ability levels AND younger movers with parkour experience looking for a more challenging class. On top of the regular skill modules and parkour games, this class puts a greater emphasis on conditioning for increased sports performance. Students under the age of 12 are ready to join this class if they can: 1) broad jump a horizontal distance equal to their height with a solid 2 foot landing. 2) perform a kong vault. 3) perform a parkour wall run. **Ages 12+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/4-3/1	W	5:30-6:50pm	\$202	\$168	LWL	13963
3/8-4/26	W	5:30-6:50pm	\$177	\$147	LWL	14124
No classes: 2/22, 4/12						



Instructor: Grey Geppert, Questions? E-mail Grey at Grey@moveschool.me



Registration Opens in April 2023 Ages 6-11

Join us for our wildly popular
18th Annual Camp WILD!

The camp offers weekly themes to create a new
and fun experience and features TWO
action-packed field trips each week.



Wilderness Adventure Camp

Registration opens in April 2023 Ages 12-15

Campers will try new challenging adventures on land,
sea and defying gravity as they rock climb, mountain
bike, sail, hike and much more. Campers will also learn
about stewardship and understanding of our local
wildlife and nature areas.

Check our website this spring for more information on all summer camps!



Private Guitar, Bass and Ukulele Lessons

Have you always wanted to learn to play an instrument? This is the perfect opportunity to learn! This weekly, half-hour, one-on-one class is perfect to learn to play guitar, ukulele or bass. Learn how to make your music instrument learning experience as fun and as easy as possible. Taught by Dace's Rock 'n' More Music Academy instructor, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot. After registering, please contact and coordinate your class time and dates with instructor by emailing info@rocknmore.org. Student must provide their own instrument. All current Roadmap to Recovery protocol will be followed for this program. Scholarships assistance is available for those who qualify, contact info@rocknmore.org for more information. **Ages 8+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/5-1/26	Th	4:00-8:00pm	\$200	\$168	LWL	14017
2/2-2/16	Th	4:00-8:00pm	\$150	\$126	LWL	13987
3/2-3/30	Th	4:00-8:30pm	\$250	\$210	LWL	13982
4/6-4/27	Th	4:00-8:00pm	\$150	\$126	LWL	13983
No Class: 2/23 and 4/13						

Instructor: Dace's Rock 'N More Music Academy

Each registered student will have one 30 minute lesson scheduled bewtween 4pm-8pm.

Coordinate time prior to registration by emailing info@rocknmore.org.

Thirak Bollywood Dance



Young dancers are introduced to the basic Bollywood movements where they will learn to develop dance techniques while focusing on the basic hand and leg movement. Dancers will develop coordination, motor skills and listening abilities as they relate to the fun and popular Bollywood music. **Ages 4-12**

Instructor: *Sneha Thakur*

Questions? E-mail thirakdanceacademy@gmail.com or call (425) 281-7243

Ages	Dates	Day	Time	Non-Res	Res	Location	Class ID
4-7	1/11-3/1	W	5:45-6:30pm	\$168	\$140	LWL	13972
4-7	3/15-5/3	W	5:45-6:30pm	\$168	\$140	LWL	14052
8-12	1/11-3/1	W	6:45-7:30pm	\$168	\$140	LWL	13967
8-12	3/15-5/3	W	6:45-7:30pm	\$168	\$140	LWL	14053

Kids Act Drama Club- Improv Comedy Class 1

Does your child like to laugh? Does your child like to make others laugh? If so, then join: Kids Act Drama Club Improv Comedy Class! Improv is the form of theater, often comedy, in which most or all of what is performed is unscripted and created spontaneously by the performers. This hilarious, high-energy class will develop your child's imagination, self-confidence, and spontaneity. Improv comedy uses teamwork by students working together to create something out of nothing. Most of all, this relaxing light-hearted class will keep your child laughing! **Ages 8-13**

Instructor: Grace Copeland - Kids Act Drama Club



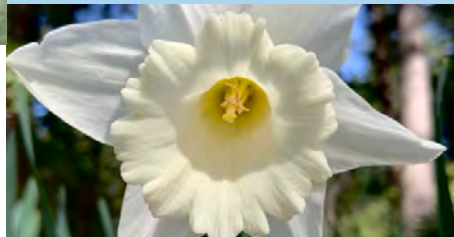
Dates	Day	Time	Non-Res	Res	Location	Class ID
1/10-1/31	Tu	6:00-7:00pm	\$102	\$85	LWL	14063
3/7-3/28	Tu	6:00-7:00pm	\$102	\$85	LWL	14064

Youth Scholarship Fund Donations

Please help support qualified low-income families participate in our recreation programs by making a tax deductible donation. Please contact

Bobby.Quick@maplevalleywa.gov

DONATE NOW



- A sanctuary that inspires, educates and connects us to the natural world
- Discover 42 acres of gardens and urban forest in every season
- Open every day from dawn to dusk with free admission and parking

Winter can be a wonderful time to walk through the Arboretum.

Enjoy the stately evergreens, look for early blooming beauties and notice the interesting bark on deciduous trees.

The winter garden still has a lot to offer. Come check it out.

Upcoming Events:

**Feb 15 – 19, 2023
Northwest Flower & Garden Show:**

Don't miss the Northwest Flower & Garden Festival, the best annual event to gather ideas and inspiration for beautiful living spaces. This event is held at the Seattle Convention Center. Tickets can be purchased online at www.gardenshow.com or at the door.

**April 2023
Earth Day Celebration**

Spring Plant Sale

Volunteer in the Garden

Drop in and volunteer in the gardens: every Wednesday & Thursday 9am-12pm and on select Saturdays (check our Facebook page for Saturday dates).

lakewildernessarboretum.org
info@lakewildernessarboretum.org





Maple Valley Parks & Recreation is excited to offer recreation opportunities for our special needs community. The "Superstar" classes listed on this page are exclusively for our special needs community. Look for other Superstar activities, identified with the star logo, where special needs individuals are welcome to participate to the best of their ability. All participants interested in the inclusive classes must complete the Inclusion Request Form (on our website) at least 10 business days before the start of class. If you are interested in teaching a special needs activity/class, or have questions about these activities, please contact [Allison Scott](mailto:Allison.scott@maplevalleywa.gov) at Allison.scott@maplevalleywa.gov or call 425-432-9953.

Engage Thru Tech Programs - Super Star Classes Special Populations

Please register for these programs at maplevalleywa.gov programs and if using DDA funds please enter the provided coupon code during check out. *Instructor: Ruth Bacha*

Special Population-Fun w/ Computer Tools



Create imaginative projects while learning the basics of computer tools such as computer graphics, word processing, presentation and publishing software, and spreadsheets! Increase your techno-skills while enjoying a ton of techno-fun! Can be paid for with 6 DD respite hours. For any specific questions regarding this program please email: info@engagethruetech.com **Ages 16+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/13-2/3	F	4:00-5:30pm	\$155	\$129	LWL	14263
2/10-3/3	F	4:00-5:30pm	\$155	\$129	LWL	14262
3/10-3/31	F	4:00-5:30pm	\$155	\$129	LWL	14261
4/7-4/28	F	4:00-5:30pm	\$155	\$129	LWL	14260

Special Population-Cooking Amazing Party Food



Learn how to become the life of the party! In this cooking and baking class you will learn how to make FUN party food! Practice your skills and have a sweet treat or party snack to take home each week. Bring your dinner to eat together for the first half hour and "chew on" a different food topic each week.

Cost includes all the supply fees. This class can be paid using DD respite funds by using code DDA2023 at check out and completing the forms on the Engage Thru Tech website. Suitable for all abilities and skill levels. May be paid with 10 DD respite hours.

Ages 16+

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/13	M	5:30-7:30pm	\$258	\$215	LWL	14266
2/27-3/27	M	5:30-7:30pm	\$258	\$215	LWL	14265
4/3-5/1	M	5:30-7:30pm	\$258	\$215	LWL	14264
No Class: 1/16						

Special Population-Special Population Arts and Crafts



Dabble in a variety of artistic media to create functional and decorative art for gifts or your enjoyment! Learn a variety of techniques for hobbies and beyond! Cost includes supply fees. Can be paid by using 10 DD respite funds by using code: "DDA2023" at check out. Or phone in for registration. **Ages 16+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/13	M	2:00-4:00pm	\$258	\$215	LWL	14269
2/27-3/27	M	2:00-4:00pm	\$258	\$215	LWL	14268
4/3-5/1	M	2:00-4:00pm	\$258	\$215	LWL	14267
No Class: 1/16						

Special Population–Moviemaking

Release your “creative juices” as you work in teams to create videos that are only limited by your own imagination. Choose from green screen, stop motion and animation or maybe a combination of them all! Suitable for all skill levels. Bring your dinner to eat as we spend the first half hour each session planning and sharing our progress. This course can be paid thru DDA billing for 8 hours of respite. Please enter coupon code “DDA2023” at checkout for registration then complete the forms for billing at www.engagethrutech.com/special-pop-online-reg-respite so that payments can be arranged. **Ages 16+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/13-2/3	F	5:30-7:30pm	\$206	\$172	LWL	14273
2/10-3/3	F	5:30-7:30pm	\$206	\$172	LWL	14272
3/10-3/31	F	5:30-7:30pm	\$206	\$172	LWL	14271
4/7-4/28	F	5:30-7:30pm	\$206	\$172	LWL	14270

Special Population–Video Game Creations

Create and explore the development of apps and games using REAL coding on computers! Create a variety of simple games for enjoyment. Different games will be created each session so participants can repeat the same class and have new experiences. Participants are welcome to join mid-session as we provide step by step instruction to accommodate a variety of learning styles.

The course fee can be paid privately by completing registration here or if opting for the use 7.5 DDA respite hours. If participant has an issued State of WA DDA number and prefers to utilize respite hours for this program please enter coupon code “DDA2023” at the end of the registration process in order to not be charged for the class. In addition, please complete the form at the following link in order to finalize your request for payment with DDA....

www.engagethrutech.com/special-pop-online-reg-respite **Ages 16+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-2/13	M	4:00-5:30pm	\$192	\$160	LWL	14276
2/27-3/27	M	4:00-5:30pm	\$258	\$215	LWL	14275
4/3-5/1	M	4:00-5:30pm	\$192	\$160	LWL	14274
No Class: 1/16						

Work for us!



Recreation

- Camp Wild Day Camp (10 weeks)
- Wilderness Adventure Camp (4 weeks)
- Rec Attendants
- Tennis Instructor
- Athletic Officials

Beach

- Beach Manager
- Lifeguards
- Concessions

Parks

- Park Maintenance Workers

Lake Wilderness Lodge

- Customer Service Representative

For more information go to www.maplevalleywa.gov after February 1, 2023.

ADULT SPORTS

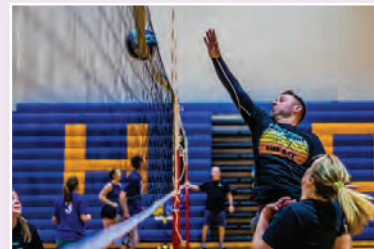
Winter Coed Volleyball League - Rec

Bump, set and spike your way to the league title this winter! Adult coed volleyball teams play 8 matches on Friday nights at Summit Trail Middle School. Teams play with 3 males and 3 females on the court. Two divisions offered: competitive and recreational. Referees, postseason playoffs and champion's t-shirts are included. 18 teams will be allowed to register so early registration is encouraged. **Ages 18+**

Dates	Day	Time	Fee	Location	Class ID
1/13-3/17	F	6:00-10:00pm	\$560	STMS	14082
No games: 2/24					

Winter Coed Volleyball League - Competitive

Dates	Day	Time	Fee	Location	Class ID
1/13-3/17	F	6:00-10:00pm	\$560	LWL	14083
No games: 2/24					



Spring Adult Sports



8v8 Soccer League - Spring

Come play on our team this spring! Teams play on a modified field (85x50 yds.) with youth sized goals. No slide tackling allowed. Teams play with 8 players (4 males, 3 females and a GK of either gender) on turf fields at Ravensdale Park. Teams receive 8 games with top teams advancing to the playoffs. Player cards or additional memberships are not required. **Ages 18+**

Registration begins 2/1/23

Dates	Day	Time	Fee	Location	Class ID
3/6-4/24	M	6pm-10:00pm	\$765	RAV	14084

Spring Coed Softball

DOUBLE-HEADERS -- Start the year off hoisting the spring softball championship banner! Teams play 8 games in the spring using a double-header format on turf fields at Summit Park. Doublewall bats must bear USSSA's 1.20 BPF stamp but only one homerun is allowed per game. Maximum 5 males on defense. Umpires, playoffs and champion's t-shirts are included. Early registration is encouraged! **Ages 18+**

Registration begins 3/1/23

Dates	Day	Time	Fee	Location	Class ID
4/14-5/12	F	6pm-10:00pm	\$615	SP	14085



Hatha Flow Yoga

Hatha Flow Yoga uses postures (asana) and breath work (pranayama) together to create a class that uses a flow to move to different postures. This class, designed to strengthen and stretch the muscles, is appropriate for beginners and also has many options available to experienced yogis. **Ages 16+**

Instructor: Amanda True

For questions, please email thekineticteacher@gmail.com

Drop in available space permitting



Dates	Day	Time	Non-Res	Res	Location	Class ID
1/3-1/31	Tu	4:15-5:15pm	\$48	\$40	LWL	14029
1/4-1/25	W	11:00am-12:00pm	\$38	\$32	LWL	14073
2/1-2/15	W	11:00am-12:00pm	\$29	\$24	LWL	14074
2/7-2/28	Tu	4:15-5:15pm	\$29	\$24	LWL	14040
3/1-3/29	W	11:00am-12:00pm	\$38	\$32	LWL	14075
3/7-3/28	Tu	4:15-5:15pm	\$29	\$24	LWL	13994
4/4-4/25	Tu	4:15-5:15pm	\$38	\$32	LWL	13960
4/5-4/26	W	11:00am-12:00pm	\$38	\$32	LWL	14076
No Class: 2/21, 3/21, 3/22						

Gentle Yoga

Gentle Yoga is calm, stable yoga class that uses modified postures (asana) as well as breath work (pranayama) to help strengthen and stretch the muscles. Ideal for anyone recovering from an injury or for those with limited mobility. **Ages 16+**

Instructor: Amanda True

For questions, please email thekineticteacher@gmail.com

Drop in available space permitting



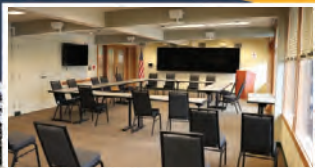
Dates	Day	Time	Non-Res	Res	Location	Class ID
1/6-1/27	F	9:30-10:30am	\$38	\$32	LWL	14043
2/3-2/17	F	9:30-10:30am	\$29	\$24	LWL	13998
3/3-3/31	F	9:30-10:30am	\$48	\$40	LWL	14041
4/7-4/28	F	9:30-10:30am	\$38	\$32	LWL	13990

A NATURAL FIT FOR YOUR BUSINESS

LAKE WILDERNESS LODGE

Maple Valley, WA

425-432-9953
lodge@maplevalleywa.gov
www.maplevalleywa.gov



The Lodge is located in Lake Wilderness Park with views of the lake and Mt. Rainier from every meeting space. Take a break to explore the trails and wander the Arboretum. Ample parking and close proximity to highway 18 with quick access to major cities.

Featuring:

- Flexible setup
- Tables and chairs included
- Complimentary internet access
- Ample parking
- Elevator Access
- AV equipment on site for rent
- Discounts for non-profits in Maple Valley

BUSINESS MEETING WITH A VIEW

Sketch of Italy: Speaking and Traveling

Speak, Know, Eat, Travel, Cook, Happiness.... SKETCH of Italy. Find out how to speak Italian with two Italian native speakers. You can learn the basic words to better enjoy your Italian experience. You will receive advice and directions for your next trip to Italy. Enjoy the splendid "panoramas" of the best Italian places through videos, songs and images. Program Goal: To inspire your love for the Italian in a few small steps and prepare you for a better and safe trip to Italy. **Ages 16+**

Instructor: Maddalena Costanzo

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/17-1/31	Tu	6:00-8:00pm	\$42	\$35	LWL	14058
2/14-2/28	Tu	6:00-8:00pm	\$42	\$35	LWL	14059
3/7-3/21	Tu	6:00-8:00pm	\$42	\$35	LWL	14060
4/11-4/25	Tu	6:00-8:00pm	\$42	\$35	LWL	14061



Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. **Ages 18+**

Instructor: Greta Huntley

Dates	Day	Time	Non-Res	Res	Location	Class ID
2/8	W	10:00am-3:00pm	\$0	\$0	LWL	14071
3/22	W	10:00am-3:00pm	\$0	\$0	LWL	14138
4/19	W	10:00am-3:00pm	\$0	\$0	LWL	14139



FREE!

Women's Bollywood

Women only in this fun-filled Bollywood Dance class. This class begins with a warm-up, which includes the basic Bollywood moves followed by step-by-step choreography set to Bollywood music. The combination of steps learned by participants will strengthen their awareness of musical flow, timing, spacing and precision. The participants will establish strong movement foundation while developing confidence, coordination, posture and grace. Comfortable attire is recommended and going barefoot works best.

For questions, please email thirakdanceacademy@gmail.com or call (425) 281-7243.

Instructor: Sneha Thakur

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/12-3/2	Th	6:30-7:30pm	\$162	\$135	LWL	14035
3/16-5/4	Th	6:30-7:30pm	\$162	\$135	LWL	14050





Private Guitar, Bass and Ukulele

Have you always wanted to learn to play an instrument? This is the perfect opportunity to learn! This weekly, half-hour, one-on-one class is perfect to learn to play guitar, ukulele or bass. Learn how to make your music instrument learning experience as fun and as easy as possible. Taught by Dace's Rock'n'More Music Academy instructor, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot. After registering, please contact and coordinate your

class time and dates with instructor by emailing info@rocknmore.org. Student must provide their own instrument.

Scholarships assistance is available for those who qualify, contact info@rocknmore.org for more information. **Ages 18+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/5-1/26	Th	4:00-8:00pm	\$200	\$168	LWL	14030
2/2-2/16	Th	4:00-8:00pm	\$150	\$126	LWL	13991
3/2-3/30	Th	4:00-8:30pm	\$250	\$210	LWL	14034
4/6-4/27	Th	4:00-8:00pm	\$150	\$126	LWL	14007
No Class: 2/23 and 4/13						

Each registered student will have one 30 minute lesson scheduled bewtween 4pm-8pm.

Coordinate time prior to registration by emailing info@rocknmore.org.

Dog Obedience Classes

Dog Obedience - Kindergarten Puppy Training (1)

Start your puppy off on the right "paw" with proper first experiences during the important socialization periods of puppyhood. This is an introduction to the learning and training process for puppies age 8 weeks to 5 months. Your puppy will learn to heel on a leash, come when called, sit and down stays. You can also earn your AKC S.T.A.R. certificate. S.T.A.R. = Socialization, Training, Activity, Responsible owner. No dogs at the first night and bring shot records. **Ages 14+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/30-3/27	M	5:00-6:00pm	\$144	\$120	LWGC	13957

Dog Obedience - Beginner (2)

A class for the family pet of all breeds. Dogs are taught to heel on a leash, come when called, sit and down stays and more. Learn about dog behavior, correcting common problems, nutrition and more. Learning basic manners prepares you for further training, obedience or rally competition, or earning your Canine Good Citizen certificate. Do not bring dog to the first class. Please bring shot records. **Ages 14+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/30-3/27	M	6:10-7:10pm	\$144	\$120	LWGC	13966

Dog Obedience - Novice (3)

Designed for students who have completed beginner class and wish to continue training for reliability or competition. Focus will be on team work and handling techniques while practicing for an advanced level. Dogs in this class can test for the Canine Good Citizen certificate and Trick Dog Titles. **Ages 14+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/31-3/28	Tu	5:30-6:30pm	\$120	\$100	LWGC	14016

Dog Obedience - Advanced (4)

A class designed to continue Novice training and beyond. May include open and utility level training for obedience competition. You can also work on higher levels of Trick Dog and /or CGC titles. Dogs attend the first class. **Ages 14+**

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/31-3/28	Tu	6:40-8:00pm	\$120	\$100	LWGC	14105



Rizzmic® All American Dance Fitness

Rizzmic® is an All American Dance Fitness format that uses exclusively American music paired with its Authentic Movement. You can experience such variety like Country, Hip Hop, Jazz, Disco, and so much more! This class is open to all over the age of 14. Students should wear comfortable clothes and tennis shoes (non-black soled shoes preferably cross trainers or dance shoes.) Please sign in 15 minutes prior to class start time. **Ages 14+**

Instructor: Lyndsay Shaw; For questions, please email RizzyLyndsayFitness@outlook.com
Drop in available space permitting

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-1/30	M	5:30-6:30pm	\$29	\$24	LWL	14018
2/6-2/27	M	5:30-6:30pm	\$29	\$24	LWL	14008
3/6-3/27	M	5:30-6:30pm	\$40	\$32	LWL	13979
4/3-4/24	M	5:30-6:30pm	\$29	\$24	LWL	14014

Exclusion dates: 1/16, 2/20, 4/10



Zumba & Mixxedfit Mashup

This Zumba & Mixxedfit mashup class is the ultimate dance party! It seamlessly blends Zumba's high energy Latin beats with Mixxedfit's explosive dance movements and bodyweight toning. Both formats offer easy to follow choreography and can be modified to your fitness level. Wear comfortable clothes and shoes. **Ages 16+**

Instructor: Suzanne Perreira; For questions, please email [Suzanne at zumbasuzanne@gmail.com](mailto:Suzanne@zumbasuzanne@gmail.com)
Drop in available space permitting

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/9-1/30	M	7:00-8:00pm	\$33	\$27	LWL	13997
1/3-1/31	Tu	7:00-8:00pm	\$55	\$45	LWL	14100
2/6-2/27	M	7:00-8:00pm	\$33	\$27	LWL	14038
2/7-2/28	Tu	7:00-8:00pm	\$33	\$27	LWL	14101
3/6-3/27	M	7:00-8:00pm	\$43	\$36	LWL	14045
3/7-3/28	Tu	7:00-8:00pm	\$44	\$36	LWL	14102
4/3-4/24	M	7:00-8:00pm	\$43	\$36	LWL	14026
4/4-4/25	Tu	7:00-8:00pm	\$44	\$36	LWL	14103

No Class: 1/16, 2/14, 2/20

Barre Fusion

Barre Fusion is a non-impact, 50-minute workout that blends the ballet barre technique with Pilates, yoga, dance, strength training, and breathwork. This workout requires mental focus as muscles are strengthened then stretched. The result in the body is the recognizable Barre body, featuring the sculpted arms, flat abs, lifted seat, and elongated thighs of a dancer. The result for the mind is equally as enticing as neural connections are strengthened, for a total body healing workout. Students should bring their own mat, 2-4 lb. hand weights (if you have some), water bottle, and sweat towel. This class is open to all over the age of 16. No prior experience is required. **Ages 16+**

Instructor: Lyndsay Shaw ; Questions? Contact Lyndsay @ RizzyLyndsayFitness@outlook.com
Drop in available space permitting

Dates	Day	Time	Non-Res	Res	Location	Class ID
1/3-1/31	Tu	5:30-6:20pm	\$50	\$40	LWL	14024
2/7-2/28	Tu	5:30-6:20pm	\$40	\$32	LWL	14003
3/7-3/28	Tu	5:30-6:20pm	\$40	\$32	LWL	14023
4/4-4/25	Tu	5:30-6:20pm	\$40	\$32	LWL	14012





Lake Wilderness Golf Course

Large natural fir trees line the fairways creating a dramatic and challenging golf experience that rewards the accurate shot maker. One of the rare golf courses that allow for a test of golf at every skill level, Lake Wilderness Golf Course is a fun and enjoyable round of golf in an amazing resort-like setting.

Play the best public greens in King County!

Join Us!
FLASHLIGHT
EASTER
EGG HUNT



SATURDAY, APRIL 8TH 2023
7:30PM - 9:00PM

SUNDAY
\$39

Valid only after 12:00PM

Includes Cart fee,
Hot Dog, Chips and Soda!

Must present coupon to receive special pricing.
Not valid with leagues or tournaments.
Expires 4/30/2023.

**ADVANTAGE
MEMBERSHIPS**

SAVE BIG EVERY TIME YOU PLAY!

REGULAR	M - F: \$32	S - S: \$42
SENIORS	M - F: \$32	S - S: \$39

CART INCLUDED!
FREE ROUND OF GOLF WITH PURCHASE!

TAX NOT INCLUDED

ONLY
\$119

WILDERNESS GRILL

OPEN DAILY • PUBLIC WELCOME

Burgers, Sandwiches, Salads & Drink SPECIALS!

25400 Witte Road S.E., Maple Valley, WA 98038
(425) 432-9405 | www.lakewildernessgc.com



2023 Calendar of Events



1/3 Lake Wilderness Lodge Rentals Available for 2023

2/14 Lake Wilderness Park Rentals Available for 2023 for Maple Valley Residents

2/28 Lake Wilderness Park Rentals Available for 2023 for Non Residents



4/8 Flashlight Easter Egg Hunt

4/21-22 Hooked on Fishing Derby *

6/3 Lake Wilderness Triathlon *

6/9-11 Maple Valley Days *

6/24 Lake Wilderness Swim Beach Opens

6/24 Bike Challenge & Bike Safety Rodeo

TBD Independence Day Celebration

7/15 Be the Hope Walk *



7/22 Kids' Festival & Concert in the Park

8/3 Music in the Park

8/10 Music in the Park

8/17 Music in the Park

8/24 Movie in the Park

9/17 IRONMAN 70.3 Maple Valley

10/21 Make a Difference Day *

12/7 Hometown Holidays

* Non City Events

